

Figure 1: Hearing Aid Conceptual Noise Reduction Diagram

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not exercise regularly, and the training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes, and included both aerobic and resistance training. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 10-week period. The results showed that the training group had a significant decrease in resting HR and an increase in HRR compared to the control group. These findings suggest that a 10-week training program can improve cardiovascular fitness in sedentary, middle-aged men.

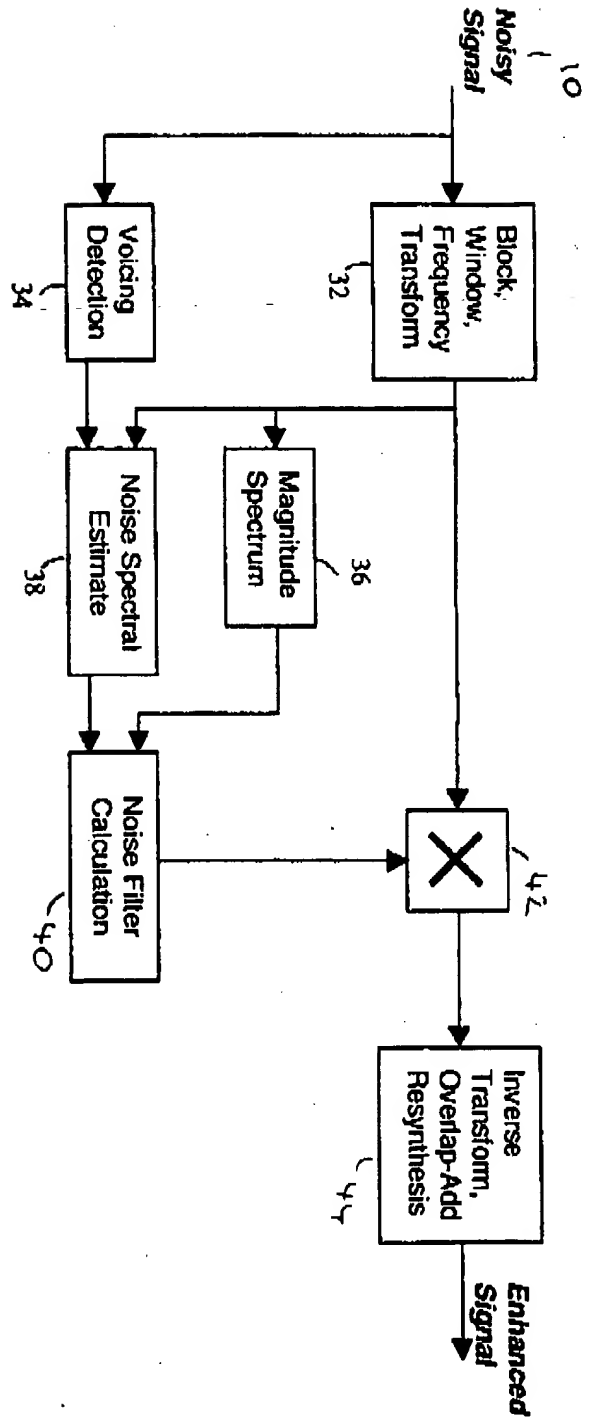


Figure 2

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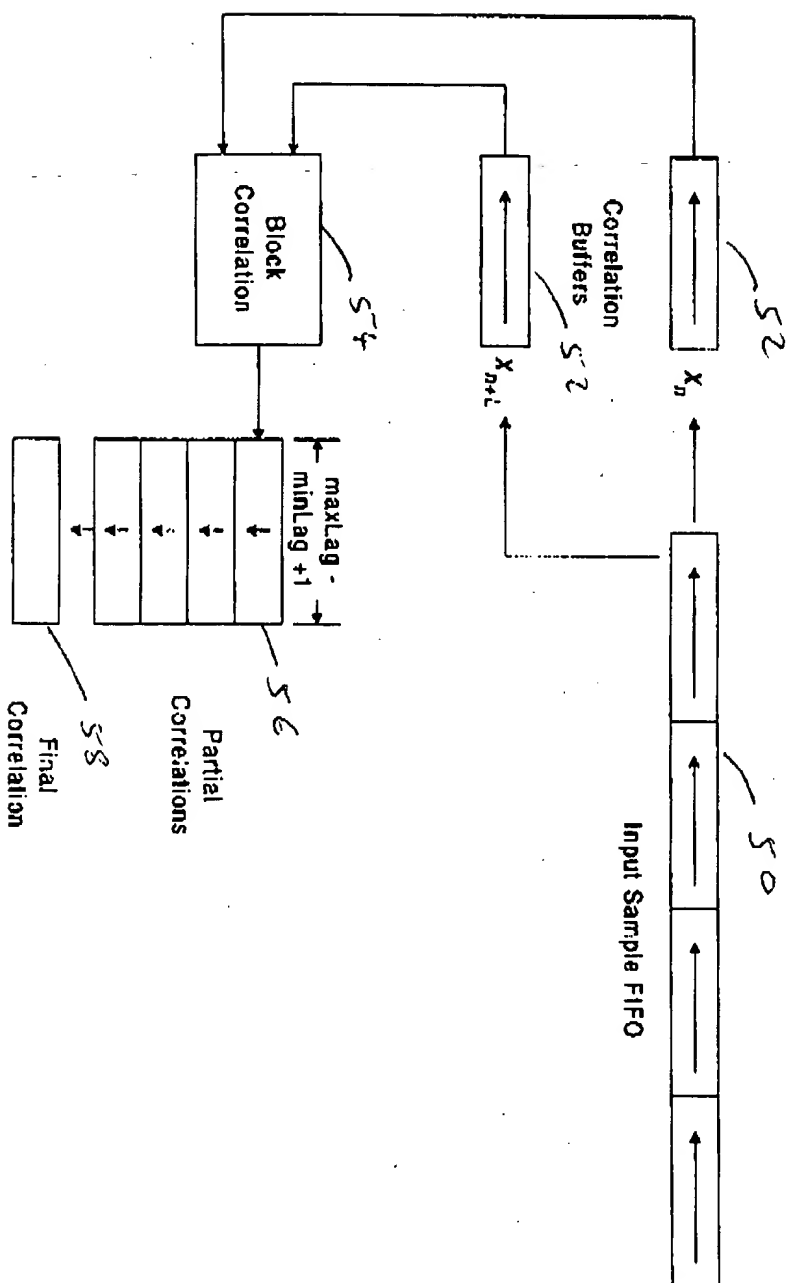


Figure 3: Modified autocorrelation performed in segments